

12 hours
later, your heart beats
easier with more
oxygen nourishing it.

2 hours
after your last
cigarette, your blood
pressure returns
to near normal.

24 hours
after you quit,
your risk for heart
attack begins to
drop dramatically.



IT'S ALWAYS A GREAT TIME TO QUIT

Show your heart some love and start right now with **Quitline Iowa**. We understand why you smoke. More importantly, we know how much you really want to quit — for yourself and the people you love.

Our trained Quit Coaches® will help you fend off cravings and triggers with a personalized quit plan. Along with personal coaching, you'll have access to other tools designed to help you stay strong, including:

A Quit Guide: an easy-to-use workbook that offers practical strategies and tips to help you throughout your quit.

Web Coach®: a vibrant online community where you can find inspiring how-to content, track your progress and connect with other individuals trying to quit.

Nicotine Replacement Therapy: you may be eligible to receive free nicotine replacement therapy which includes a choice of patch, gum or lozenge.

Discover why so many people love living without the physical, emotional and financial burdens of tobacco.



1-800-QUIT-NOW • www.quitlineiowa.org
(1-800-784-8669)

QUITLINE IOWA
1 800 QUIT NOW | 1 800 784 8669